

President's Update to FRC Members August, 2023

Hi All FRC Members,

Where did the time go? The **Falmouth Road Race** is this weekend. Oh My! Good Luck to all Runners and Thanks to all Volunteers! Most likely it will get quite warm, if not hot, out there on the course, so **remember to drink early and drink often. Do not wait until you are thirsty.**

Within the FRC we are focused on the SouthCoast Wind Cape Cod Marathon weekend, October 7 & 8, but there are many other activities that are happening. See all the details below.

Membership continues to be strong. As of today, we have 310 members. Please remember to reach out to friends and relatives who you think might enjoy our club. Everyone is welcome; runners as well as walkers, fast people as well as not so fast (me), young people as well as not so young (me again). Basically, anyone who is interested in a fun and healthy lifestyle can join.

So, here's the list of new and renewal members since my last Update.

THANK YOU ALL for being such great FRC members.

Please join me in welcoming all of our new and renewal members!

Deb Morse – Individual

Tracey Dowden – Individual

Michelle Davenport - individual

Nancy Spiro – Individual

Nancy Sawyer - Individual

My apologies if I have missed anyone.

Friday Night 5 Miler

As the Friday Night 5 Miler continues to grow and roll along with about 35 runners participating each week. The June **“Friday Night 5 Runner of the Month”** is **Grace Bender**. As part of the award, she will receive a FREE pair of running shoes, compliments of **Kevin Petrovek and Hanlon Shoes** on Main Street in Hyannis. Congratulations **Grace!**

2023 SouthCoast Wind Cape Cod Marathon Weekend – October 7 & 8, 2023

Registration numbers continue to be where they should be for the Marathon, Half Marathon and 5K. At this point, the Relay and Chowdah Challenge are still lagging behind a bit. Race tee shirts and finisher medals have been ordered. Hmm...Did we order the correct quantities? Probably not.

The registration numbers through August 14 are:

- Marathon – 959
- Half Marathon – 1,527
- Marathon Relay – 49
- Chowdah Challenge – 52
- 5K – 164
- Kids' Fun Run – 49

Our friends at the Falmouth DPW will be hanging the CCM Pole Banners on the light posts along Main Street on Saturday, September 9. They will also hang some in the **Mullen Hall School** parking lot, the NEW location for all of our pre-race and post-race activities this year.

Kathy MacDonald and other FRC members are planning on coordinating a LONG Training Run from the FRC office on Saturday, September 16. Details from Kathy are below.

Join fellow runners on Saturday, September 16th at 8:30am from the FRC Office (661 Main St., Falmouth) for a supported long training run. There will be an 11 Mile course for Half Marathon Training, a 20 Mile course for Marathon Training and a short course for anyone interested in the 5k distance. CCM race day fuel will be available on course for trying out. The Long Training Run is open to all (members, non members) and anyone doing any race this fall (Chicago, NY, Baystate, etc). Food/beverages, as well as fun stories will be inside the office after the run. To RSVP or for more info email Kathy at info@capecodmarathon.com

CCM Race Course certification is finally scheduled to start on August 23.

I'm still looking for an Assistant Half Marathon Course Director. Let me know if you're interested.

FRC Summer Youth Running Camp

This 3-week summer program at the FHS Track was once again a big success. Congratulations to **Anne and Jim Preisig** along with **Hannah Mark, Tasha Whited** and **Jason Cullinane** on their efforts to get Falmouth kids out there moving!

Fun Runs at Aquatic Brewery

These Sunday morning (11:30 am) 5K runs continue to be popular. Remember to check out Aquatic Brewing website for details on upcoming events.

AQUATIC BREWING Also, if you haven't done it yet, sign up for their **mailing list**.

Women's Fitness Initiative

Mary Tolland's Walk and Talks are continuing through the summer, although attendance seems to be quite low. Because of that, Mary asks that you RSVP to her if you are interested in participating.

A Health and Wellbeing event is in the works for 9/20 at 6:30 pm at the FRC Office. All FRC members are invited to attend, but there is a 20 member limit. Please reach out to Mary if you are interested.

The Charcuterie presentation is still being planned for early fall with Chef from "Perfect Strangers" in Boston. He will come to Falmouth to present.

Details/costs to be worked out. Be on the lookout for the date.

An additional complimentary yoga session at **Gratitude Yoga** will be will be planned for September.

Pickle Ball is continuing at the Ghelfi's. Thanks go out to FRC Member **Wendy Ghelfi** who hosts this activity every Tuesday.

The "**Mindfulness for Runners**" course will be starting soon:

*A free 6-week Mindfulness for Runners Course will begin Monday, August 21st from 7-8pm at the FRC office. The dates will be **8/21**, skip a week, then resume for **9/4, 9/11, 9/18, 9/25, and 10/2** (including Labor Day unless too many people are out of town, we can reschedule or shift to virtual for that week). Mental performance coach, Nicole Davies, will lead the class to help runners gain body awareness, enhance performance, reduce anxiety, and practice remaining in the present moment instead of on autopilot. The course is open to runners of all levels, and is conveniently scheduled following the Monday evening Couch to 5K workouts if you'd like to do both. More than a dozen runners have expressed interest so far. Please contact Nicole at nicolejbdavies@gmail.com if you would like to be added to the class!*

If you have any questions regarding any of the above activities, you can reach out to **Mary Tolland** at frcwomensfit@gmail.com.

Couch To 5K

Adria Bodell has started the second Couch-To-5K program to get new runners prepared to run the 5K on Cape Cod Marathon weekend. It seems like attendance is a bit lower than the first go-round. Maybe the summer has something to do with that? In any case, if you to join in or you know someone who may be interested, contact Adria at adriaFRC@gmail.com.

FRC Wednesday Track Workouts

FRC Track Workouts at the Falmouth High School Track, organized by **Dan McCarthy and Maggie Manning**, are continuing to be conducted every Wednesday at 5:30 pm. If you have any questions, please reach out to Dan at dwmpr@yahoo.com or text, 315 263-8658.

Stuff at the ASICS Falmouth Road Race

The **Falmouth Road Race will be held this Sunday, August 20**. Good luck to all of you who will be running. Thanks to all of you who will be volunteering at various venues. The Expo starts on Thursday and runs through Saturday. If you have some available time and would like to help out at the FRC tent at Falmouth High School, please reach out to FRC Member **Diana Clark**. She will be coordinating all of the activities for our tent space and will be looking for volunteers to set up, break down and to take shifts during the Expo. We will be promoting the Falmouth Running Club and the SouthCoast Wind Cape Cod Marathon at the tent. If you would like to volunteer at this fun event (and I'm sure you do), contact Diana at dianakbrennan@yahoo.com.

Get Involved

If you are looking for ways to get more involved with Your Running Club, please reach out to **Kathy MacDonald** at info@falmouthrunningclub.org or **Jack Afarian** at president@falmouthrunningclub.org.

FRC Merchandise

As always, all FRC merchandise is available for purchase from the FRC website or in person at the FRC office. You will be able to either pick up your gear at the FRC office or have it shipped to you.

Last, But Not Least

Our Falmouth Running Club is, and always will be, as good (or great) as our members. It's our participation in club activities and our suggestions on how to make improvements that will keep us moving forward. Let us know your thoughts.

As always, if anyone reading this update has any comments, questions, concerns, recommendations, complaints, compliments or anything else, please email them to me at president@falmouthrunningclub.org. I will respond to you as soon as possible.

Respectfully,

Jack Afarian
President
Falmouth Running Club